



# Quinoa

(KEEN-wah)

## The Health Benefits of Quinoa

Quinoa, pronounced KEEN-wah, is an ancient grain with all 9 essential amino acids, making it a complete protein food. It has double the fiber of other grains and a rich, nutty flavor.

### One cup of cooked quinoa provides:

- 222 Calories, 8 grams of protein, 5 grams fiber, 4 grams of fat and no cholesterol, very low sodium and are gluten free

### Nutrients in Quinoa

- Iron for healthy red blood cells, lysine for growth and repair of tissue, and magnesium for blood sugar control and strong bones
- High in calcium, potassium and B vitamins for energy metabolism
- Versatile grain that cooks in just 15 minutes. Packaged quinoa is ready for use. Quinoa bought in bulk should be rinsed before cooking

For more information, visit our website:  
[www.woahcco.com/healthy-bytes-initiative](http://www.woahcco.com/healthy-bytes-initiative)

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